



## @USNPEOPLE WEEKLY WIRE

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NAVY TIMES, Mark D. Faram

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NAVY LIVE, Chief of Naval Personnel Public Affairs

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### 3.) E-Mail Phishing Scams: 5 Things You Need To Know/ 10 AUG 15 [\[LINK\]](#)

ALL HANDS, Defense Media Activity

You open the email. It's from your bank, or at least the person who wrote the "Very Respectfully" line claims your bank beneath his name. All they want is for you to confirm your information. No need to call the bank. We live in a digital age where everything is done on computers and you can trust anyone as long as they tell you they're trustworthy, right?

### 4.) MCPON Speaks at Naval Academy, Makes History / 12 AUG 15 [\[LINK\]](#)

NAVY.MIL, Office of MCPON

Stevens, the first MCPON to speak at the Academy, delivered his speech to more than 1,100 plebes of the United States Naval Academy's Class of 2019, marking the beginning of their four-year academic tour. MCPON shared a personal story about a time when he faced adversity in his career, and encouraged the future naval officers to dig deep inside themselves when they face adversity.

### 5.) NAVADMIN bi-weekly roll-up:

Every other week, we roll up the latest NAVADMINs from Naval Personnel Command. Below are the latest:

- FY-16 Active-Duty Navy E-7 Selection Board Results [\[LINK\]](#)
- Maternity and Convalescent Leave Policy (Corrected Copy) [\[LINK\]](#)
- USS Constitution Chief Petty Officer Heritage Training [\[LINK\]](#)
- Call for FY-17 Command Master Chief and Command Senior Chief Selection Board Applications [\[LINK\]](#)

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or find it online at [www.navy.mil/cnp](http://www.navy.mil/cnp)

## **1.) MCPON Calls for Tough Chief's Training, No Shenanigans/09 AUG 15**

NAVY TIMES, Mark D. Faram

Chiefs' season is here.

With names of the chief petty officer selectees announced Aug. 4, the arduous mental and physical conditioning of these soon-to-be chiefs is about to start, and the Navy's top chief is demanding tough but professional training in the weeks ahead.

Master Chief Petty Officer of the Navy (AW/NAC) Mike Stevens said this year's guidance for CPO-365 Phase II training, as chiefs' season is officially known, is essentially the same as last year.

"My expectation is that Phase II will be challenging, difficult and even stressful at times, but I am confident that we can do this in a professional manner," Stevens said in an email to master chiefs overseeing the training. "As leaders, we have the responsibility to establish and maintain the conditions that provide all of our sailors with the opportunity to be successful, and we must do this while treating each other with dignity and respect."

This will be the third chiefs' season since Stevens ended the term "induction," and some of the more unsavory rites that went with it, in January 2013. As part of that, Stevens called for an end to shenanigans, saying the training leading up to the Navy-wide chief pinning on Sept. 16 must be tough but professional. It was a highly controversial move that dismayed many current and retired chiefs.

MCPON says it hasn't been easy, but says he feels good about how chiefs have embraced the new direction.

Stevens is the first to say that this course was started with the advent of the CPO-365 year-round training program started by then MCPON (SS/SW) Rick West. The goal, both MCPONs have said, isn't to erase the past, but to move forward into a new era.

Each successive chiefs' season has had its incidents in the fleet, but Stevens says they're on the decline and problems are being nipped in the bud.

Among the most dangerous occurred in 2013, Stevens' first year as MCPON, when 12 chief-selects were exercised to the point of exhaustion in Hawaii and were hospitalized.

The resulting investigation concluded that miscommunication, not malicious intent, led to the grueling physical training. Four senior enlisted sailors were counseled afterwards.

And last year, there were five allegations of abuses during the Phase II, which most in the Navy still call "chiefs' season," the time from the selectee announcement to the pinning.

None were found to be abuse and none resulted in any disciplinary action.

"What I'm most pleased about," Stevens told Navy Times in March, "it's something we don't often talk about, [but] every incident that occurred — and I believe we received five [this past year] — every one of them were stopped when the incident was occurring, stopped by a genuine chief who was a part of the training process and reported by that organization."

Command master chiefs reported the incidents up the chain of command, as it was supposed to work, explaining what happened and what they were doing about it.

"I didn't have to get involved in any of it last year — the command stopped it — they recognized it and they took appropriate action, and I suspect that will continue to be the case until there [are] no more cases," Stevens said.

Still, he's not declaring victory and called on everyone involved to be on guard and stop unprofessional behavior before it gets out of hand.

"Our Navy trusts and follows the chief not because of rank or position, rather because of the reverence that has been earned through a legacy of excellence," Stevens said at the conclusion of his email. "It is our charge to ensure we continue this legacy as we train and prepare our new chief petty officers."

## **2.) Navy Uniform Changes/ 13 AUG 15 [LINK](#)**

NAVY LIVE, Chief of Naval Personnel Public Affairs

WASHINGTON – A number of uniform changes are in the works to improve uniform appearance and better meet the needs of Sailors, personnel officials said Aug. 13.

The below changes will be incorporated into an upcoming Navy Uniform NAVADMIN:

- In alignment with the value Navy places on command, flag officers who have earned Command At Sea or Command Ashore pins are authorized to wear the insignia in the post-command manner (left side).

- o If both pins have been earned, the insignia of choice (but only one) may be worn.

- o The prohibition of earning a command pin as a flag officer remains in effect.

- Wear of the knit watch cap will expand to allow wear by all Sailors in cold weather environments in working, service and dress uniforms when wearing a bridge coat, reefer (officers and chief petty officers (CPOs)), pea coat (E6 and below), cold weather parka, Navy Working Uniform (NWU) Type 1 Parka or all weather coat. The knit cap cannot be worn with the Eisenhower jacket since it is not considered cold weather outerwear.

- Some out-of-production optional uniform items will be eliminated in about a year because of low demand by the Fleet, lack of production and to streamline the Navy uniform inventory. Sailors can continue wearing these items until the termination of wear date is announced in an upcoming NAVADMIN. Items being discontinued are:

- o Boat Cloaks for male officers and chief petty officers (CPOs).

- o Dress Capes for officer and enlisted females.

- o Tiaras and berets for females.

- o Overshoes: the slip on components that cover shoes or boots used to protect footwear from getting wet from rain and snow. Rain or snow boots remain authorized.

- o The khaki windbreaker worn by officers and CPOs.

- Navy is expanding sales of NWU Type III for authorized commands to purchase by Government Commercial Purchase Card or authorized purchase order. Sales are available now through the Navy Exchange's (NEX) Navy Uniform Support Call Center, at NEX Uniform Stores in Bahrain and Jebel Ali, and coming soon to NEX Uniform Stores in Guam and Rota, Spain.

- With the introduction of the Flame Resistant Variant (FRV) coverall as the at-sea uniform, the need for four sets of NWU Type Is has diminished. Navy will be dropping the sea bag requirement to three sets of NWU Type Is beginning Oct. 1.

- The issuance of FRV coveralls aboard ships has also decreased the usage of coveralls included in Sailors' sea bags. As a result, beginning Oct. 1, these coveralls will be worn only as a cleaning and dirty-work garment rather than a uniform. Here are the wear changes for coveralls:

- o These coveralls will only have an embroidered name tape over the right breast pocket; Navy embroidered service tapes, breast insignia and rank insignia will not be authorized on coveralls.

- o Sailors must change out of coveralls and into uniform of the day or civilian clothes when departing their work space and command.

- o As always, when wearing head gear salutes will be rendered.

- o There is no change in the sea bag requirement of two pairs of coveralls. Though the replacement cycle will increase from six months to a year.

- The light weight NWU Type I will be available in April for Sailors starting with Bahrain, Diego Garcia, Pearl Harbor and Guam.

- Two new outerwear uniform items are making their way to Sailors as either an optional or sea bag item.

- o The optional cold weather parka will be available in limited numbers for purchase in NEX Uniform Stores in Norfolk Naval Base and Arlington, Virginia, and Newport, Rhode Island and through the NEX Uniform Support Call Center this November. The unisex parka can be worn with the NWU Fleece in service and service dress uniforms, as well as civilian clothes when the rank tab is removed, and is expected to cost around \$330.

- o The now optional double breasted all weather coat with belt will be issued to recruits at Boot Camp beginning Oct. 1. The mandatory wear date for the coat is Oct. 1, 2020 and will be announced in an upcoming NAVADMIN.

- The E1-E6 Service Dress Blue uniform will begin to be available beginning Oct. 1, 2016 with the E1-E6 Service Dress White uniform out Oct. 1, 2017. These dates will allow the manufacturer to focus production on one uniform at a time to produce sufficient initial quantity to outfit recruits at Boot Camp and Sailors throughout the Fleet while maintaining quality control.

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For more information on uniforms see the Navy Uniform Matters page at <http://www.npc.navy.mil/bupers-npc/support/uniforms/Pages/default2.aspx>

### **3.) E-Mail Phishing Scams: 5 Things You Need To Know/ 10 AUG 15 [\[LINK\]](#)**

ALL HANDS, Defense Media Activity

**ALERT! YOUR IDENTITY MAY HAVE BEEN STOLEN!!!**

Well, that's alarming. A subject line in all caps? And it's your identity at stake?

You open the email. It's from your bank, or at least the person who wrote the "Very Respectfully" line claims your bank beneath his name. All they want is for you to confirm your information. No need to call the bank. We live in a digital age where everything is done on computers and you can trust anyone as long as they tell you they're trustworthy, right?

The email provides a link to... something. It's a URL made up of a bunch of letters and numbers and dashes and percent symbols. Computer wumbo-jumbo. You click it and you're taken to what looks like a late-90s version of your bank's webpage. The bank logo is on it with username and password boxes, so it's totally legit. You fill them in and click submit.

The screen goes blank, just a gray background. You click back, maybe you typed it in wrong.

**WEBPAGE COULD NOT BE DISPLAYED**

You keep clicking back, but it keeps repeating the same message. It starts to feel like you never went to your bank's website in the first place. You click all the way back to your email and there's a new message from someone you've never heard of.

You open it up:

Thx 4 the cash, sukka!  
Xx\_B1LLY\_xX

And, you've just been hooked by a phishing scam.

Protect yourself. This image opens a poster with tips to prevent Id theft

According to James Magdalenski, director, Naval OPSEC Support Team, as members of the military, we are likely to receive phishing emails just because of our affiliation with the DoD. Phishing emails can originate from hackers, foreign agencies or services, thieves who want personally identifiable information (PII), or just someone

with an acute curiosity of what we do in the military. Although DoD networks are well protected, they are not 100 percent fool proof from phishing emails.

He said "Always be aware of suspicious emails from people you have no affiliation with, and especially those emails requesting sensitive information like usernames, passwords, personal and information, military operations details, financial information and so on."

Magdalenski added, phishing emails can also include malicious links or attachments with catchy titles, like "Answers to CPO Advancement Exam". Phishing isn't just limited to emails either; it could be a simple phone call from someone claiming to be from a legitimate organization, like your financial institution. Legitimate organizations will never call you and request your PII.

He stated that similar to a Sailor's working environment, phishing emails will often be sent to your home or personal email address.

"For example, if you receive a "pop up" from your anti-virus software provider telling you it's time to renew, just by clicking on the pop up, it may be a phishing scam," said Magdalenski.

He said to go to your anti-virus software provider's home page for your renewals and updates. The same holds true for advertisements. Although most are legitimate ads, it only takes one non-legitimate to completely infect your computer, tablet or even smart phone.

He said Sailors who receive suspicious emails should immediately contact their organizations Information Assurance Manager (IAM) or Information Security Manager (ISM). Do not open and if you're already opened the email, do not click on any files or links. Be especially suspicious of email sent directly to your "Junk" email folder. Most of those emails go to the junk folder for a reason.

In addition, Magdalenski stated annual Information Assurance on-line training is available on Navy Knowledge Online (NKO) and Total Workforce Management Services (TWMS).

#### **4.) MCPON Speaks at Naval Academy, Makes History /12 AUG 15 [\[LINK\]](#)** NAVY.MIL, Office of MCPON

ANNAPOLIS, Md. (NNS) -- "Make no mistake about it: this journey you have embarked upon will be challenging. It will test you. You will have doubts and at times you will be tempted to quit," said Master Chief Petty Officer of the Navy (MCPON) Mike Stevens. "It is OK to have those thoughts, but it's what you do with those thoughts that will guide you toward your goal of becoming a naval officer."

Stevens, the first MCPON to speak at the Academy, delivered his speech to more than 1,100 plebes of the United States Naval Academy's Class of 2019, marking the beginning of their four-year academic tour.

MCPON shared a personal story about a time when he faced adversity in his career, and encouraged the future naval officers to dig deep inside themselves when they face adversity.

"I made the decision that failure was not an option. I applied the level of effort that was necessary, and ultimately passed the course with flying colors," said Stevens. "It was what I learned from that experience, and others just like it, that has helped me throughout my career."

Stevens shared his perspective on how to be an overall healthy, well-rounded Sailor.

"Something that I share with all my Sailors, is to be fit. Not just fit in the sense of physical exercise, but that you must be spiritually, physically, morally, and mentally fit," he said. "What these things mean to each of you will vary, but I encourage you to be as fit as possible every day."

He continued, "I also ask that you remember to control those things which you own. There will be many things you do not have control over like reveille, academic standards, and injuries. You can't control these things because, simply put, they are out of your hands," Stevens said. "What you must focus on, is controlling those things that only you own. This includes your integrity, honesty, accountability, and treating one another with dignity and respect."

"Finally, remember to make every day your masterpiece," said MCPON. "Attitude is everything. Each morning when you wake up it is a new day, so have a positive attitude, and when you step out - step boldly. Embrace the challenges you will face."

Class of 2019 is one of the most diverse in all of the Academy's history, boasting 27% women, 36% minorities, 12 international students, 61 former enlisted, and candidates from all fifty states, including the Virgin Islands, Northern Marianas Islands, Guam, Puerto Rico, and the District of Columbia.

For more news from Master Chief Petty Officer of the Navy, visit [www.navy.mil/local/mcpon/](http://www.navy.mil/local/mcpon/).

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